

Mental Health

LET'S END THE STIGMA

"1 in 6 US children had a diagnosed mental, behavioral or developmental disorder. 32% of teens aged 13-18 will deal with anxiety at some point in their lives and 41.7% of them do not receive treatment". said the CDC

THERE IS HOPE

"I am finally starting to see energy again as students are moving closer to more of the previously enjoyed activities," said Terry Car LCSW and HHS social-emotional coach "But conversation and talking about what is comfortable and what isn't is crucial for a student have with their those around them"

"1 IN 5 YOUNG PEOPLE SUFFER FROM MENTAL ILLNESS...

that's 20 percent of our population but yet only about 4 percent of the total health care budget is spent on our mental health," said teenmentalhealth.org.



To learn more about general mental health visit [here](#)

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If you or someone you know is struggling, find a list of all mental health resources [here](#)

What helps?

USE RESOURCES

With the increasing demand for mental health services in such unprecedented times, families are able to use the school as support until further external reinforcement can become available. Connie Kittleson, the mother of an MTSD graduate, shares the benefits she has had from her first-hand experience with HHS counseling service for her son as he grew through the MTSD district. "I am extraordinarily grateful for the support I have received for my family from the Mequon school councilors, and I dedicate so much of his success to their support. I highly recommend anybody struggling to incorporate the school's resources to accompany their other treatment or to use while waiting for treatment to arrive"

TIME WITH LOVED ONES

Some positive relationships with family have been greatly enforced throughout the course of the pandemic as people had more time to connect to their loved ones. "Bringing people together was one way many students coped during the pandemic, as they found a sense of safety in the people whom they spent the majority of their time with during isolation" explains Carr. Speaking up about emotions and problems is recommended as a way to gain a fresh perspective; specifically, other people can be extremely useful to help with advice or to just be ears to listen to the messy jumble of thoughts in the mind, which can make it easier to understand their thoughts when they are released out into the open.



CDC recommends:
"Prioritizing adequate sleep, focusing on your strengths, physical activity, socialization, foster open communication, and do what makes you happy"



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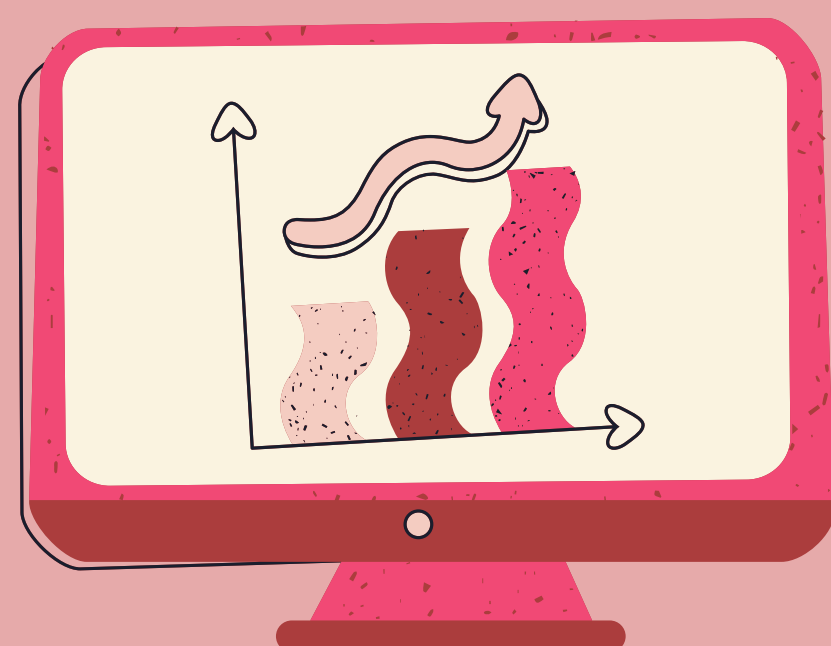
Technology's role on mental health

Bradley University explains that "Although the use of technology can have a positive impact in terms of helping clients manage and get treated for certain mental health conditions, some research has indicated that the use of technology in general — and especially the internet — actually can be connected with the development of mental health conditions, such as anxiety and depression in some individuals. The National Institute of Mental Health states that while technology provides "support and convenience...for some individuals can trigger feelings of low self-esteem"

"When we get on social media, we are looking for affirmation, and consciously or not, we are comparing our life to the lives of others. As a result, we may not enjoy what's in the moment."

Dr. Saju Mathew, MD/MPH said.

With the lack of exchange of personal and intimate emotion of direct conversation, Connie Kittleson explains the significance of encouraging in-person conversation, explaining that she thinks "human connection is healthier for kids, as so many people tend to hide behind their screens". This may create a divide between people as body language and personality is less visible and misunderstandings skyrocket.



What is the damage of the digital age?



290 students are still doing digital learning. Out of 200 students questioned, **30.2% report their worries about the pandemic have revolved around academic work, 24.5% around friendships and other relationships, and 15.1% about college and the future.** When asked about the previous block scheduling of 2 class periods a day, 34% of students claimed that they would feel significantly better if the schedule were to include a more normal pattern, such as returning to 5 classes a day; this sparks hope that the possible new schedule change could improve students and their levels of stress by feeling more structure.